## Behavioral Health Awareness Campaign

Choose one of these hyperlinks to help determine if you or a loved one are experiencing difficulty with <a href="mood">mood</a>, <a href="mood">anxiety</a>, troubling thoughts, <a href="mood">behaviors</a>, or <a href="mood">substance use</a>.

\*Disclaimer: These mini-self-assessments are for information purposes and are not intended to diagnose or treat you. You should contact a behavioral health professional if indicated.